



Hello again.

Welcome to the May e-newsletter from the Improving Mental Health Information Programme.

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1] **What have we been doing? Graph of the month...**

Please find the May 2006 newsletter attached. This contains some details of our activities, and a chart showing "*Typical and atypical antipsychotics: number of prescribed items and gross ingredient cost; 2001/02 to 2004/05*".

2] **Review of mental health nursing in Scotland**

A national review of mental health nursing in Scotland and a five-year action plan on how to develop this workforce have been published. Both are available at <http://www.scotland.gov.uk/Publications/2006/04/18164814/0>. The report *Rights, Relationships and Recovery* aims to improve future mental health services for patients and their families. The main aims of five-year action plan are: to support the role of mental health nurses in the recovery of patients' mental health and enhance their role in areas such as health improvement, therapy

and preventative care; to strengthen the leadership in mental health nursing; to improve support to newly qualified staff nurses; to involve people who have experienced mental health problems in forward planning of services; to redesign programmes of education that prepare people to be mental health nurses; and to increase the number of nurse consultants.

3] Mental Health Delivery Plan

A major conference held on 26 April discussed how the Scottish mental health service of the future should look. This was the first of three conferences informing the work of a group developing a delivery plan for mental health services. Such a plan was a commitment made in the recent health policy paper *Delivering for Health* (see <http://www.scotland.gov.uk/Publications/2005/11/02102635/26356>). Reports from the conferences (when available), minutes of the delivery group meetings and other useful information (including the project initiation documents for strands of the delivery group work) may be found at http://cci.scot.nhs.uk/cci/cci_display.jsp?pContentID=2248&p_applic=CCC&p_service=Content.show& (see right hand side).

4] Delivering for Health- National Standards for Crisis Services

Delivering for Health made nine commitments including the development and publication of National Standards for crisis services. The *Mental Health Foundation* and *Scottish Association for Mental Health* have articulated plans to work together with others to form a reference and advisory group. These groups propose to develop good practice in crisis services including the development of a crisis services practitioner toolkit. This group have also been invited to develop national standards for crisis services in line with the *Delivering for Health* commitment to develop these by end 2006.

5] Crisis Services Survey

The latest Crisis Services Survey report is available at <http://www.scotland.gov.uk/Topics/Health/health/mental-health/servicespolicy/Crisis/Survey>. The NHS Board areas surveyed indicated they all provided some form of crisis service with twelve of the Board areas providing community based alternatives. The survey also looked at access, availability, service characteristics and local approaches to service evaluation.

6] Delivering a Healthy Future: An Action Framework for Children and Young People's Health In Scotland

The Scottish Executive have published a consultation document called *Delivering a Healthy Future: An Action Framework for Children and Young People's Health In Scotland*. Child and Adolescent Mental Health Services receive some attention in this document - see <http://www.scotland.gov.uk/Publications/2006/04/07102245/7>. Written responses to this consultation paper are requested by Friday 7 July 2006. See <http://www.scotland.gov.uk/consultations/health/dhf.asp> for the response form.

7] Reforming Mental Health Law: Scottish Executive Newsletter 9 (March 2006)

The Scottish Executive have published the final edition of their newsletter, *Reforming Mental Health Law*. See <http://www.scotland.gov.uk/Publications/2006/03/29135553/0>. This contains an update on the joint local implementation process and how it is changing focus now the Act is in effect, a brief look at the research programme, a list of the guidance currently available on specific topics and what else is being produced. Although this is the last newsletter the team can continue to be contacted at: mentalhealthlaw@scotland.gsi.gov.uk <mailto:mentalhealthlaw@scotland.gsi.gov.uk> and their website continues at <http://www.scotland.gov.uk/health/mentalhealthlaw>

8] Quarterly Mental Welfare Commission statistics on operation of the new Mental Health Act

The Mental Welfare Commission have published their first analysis of notifications to them under the *Mental Health (Care and Treatment) (Scotland) Act 2003* and its amendment of the *Criminal*

Procedures (Scotland) Act 1995. These statistics were collected by the Commission for the period 5th October to 31st December 2005. They include: orders granted; emergency and short-term detention patterns; status prior to emergency and short-term detention; and advance statement over-rides. Initial figures show that the total number of detention episodes, initiated through emergency and short term detentions, has slightly reduced (1060 to 1030) compared to the same period last year. There is a clear reduction (60%) in the use of emergency certificates as the preferred entry into detention, from a figure last year of 1060, to 429 emergency certificates under the new legislation. For more details see <http://www.mwscot.org.uk/web/site/Rights&TheLaw/Statistics/QuarterlyStatisticsintro.asp>.

9] Mental Health (Care and Treatment) (Scotland) Act 2003: appeals against being held in conditions of excessive security

The Scottish Executive have published further guidance to practitioners on the right to appeal against detention in conditions of excessive security. This right, under the new Mental Health Act, came into force on 1 May 2006. See http://www.show.scot.nhs.uk/sehd/mels/HDL2006_25.pdf for more details.

10] Newsletter for Mental Health Officers in Scotland: Spring 06 edition

The Spring 2006 edition of the newsletter for Mental Health Officers in Scotland has been published. It is available at <http://www.gla.ac.uk/centres/nuffield/publications/MHONewsletter.htm> and contains articles on (among other topics): joint working between psychiatrists and MHOs; MHO experiences of the new act and tribunals; and how many MHOs are there and are there enough.

11] Risk Management Authority seek to accredit assessors

The Risk Management Authority (RMA) is the Scottish public body which has been set up to ensure the effective assessment, management and minimisation of risk of serious violent and sexual offenders. They are now seeking to accredit risk assessors who will help the High Court in Scotland decide when to impose Orders for Lifelong Restriction. It is anticipated that applicants for accreditation may come from a variety of professional backgrounds, including social Work, psychiatry and psychology. Once accredited, assessors will be appointed by the court from a register maintained by the RMA. The court will pay Accredited Assessors directly for their reports. More details are available from info@RMAScotland.gsi.gov.uk or at <http://www.rmascotland.gov.uk/accreditedriskassessor.aspx>.

12] 2nd Breathing Space newsletter

A second informative newsletter covering the activities of *Breathing Space* - the national telephone helpline and website for those feeling low, alone or isolated - is now available at <http://www.chooselife.net/nmsruntime/saveasdialog.asp?IID=1797&SID=1592>. It focuses on their activities in remote and rural Scotland over the last months and includes features on a TV campaign, work in Highland and future plans for Breathing Space. For more details on breathing space visit <http://www.breathingspacescotland.co.uk>. To access the telephone helpline call 0800 83 85 87 between 6pm and 2am.

13] How electronic health records affect the doctor/ patient relationship

An interesting paper "*Physicians, Patients, and the Electronic Health Record: An Ethnographic Analysis*" see <http://www.annfammed.org/cgi/reprint/4/2/124>) sets out to investigate the effects of the electronic health record (EHR) on physician-patient encounters. The objectives of this study were to identify the factors that influence the manner by which physicians use the EHR with patients. In a similar vein the American Academy of Family Physicians have published "*ehr in the exam room: tips for patient-centred care*". This note is available at <http://www.aafp.org/fpm/20060300/45ehrs.pdf>.

14] WellScotland.info - National programme e-bulletin for Apr 06

The National Programme for Improving Mental Health and Well-being (see <http://www.wellscotland.info/news/index.html>) have issued another e-bulletin that carries news,

events and developments from the National Programme. It announces the Spring/Summer issue of Well? magazine, which majors on the importance of mental health to people's overall sense of health and well-being, and the benefits of making an active contribution to the community. To view Well? visit <http://www.wellscotland.info/news/item.php?id=45>. The WellScotland.info e-bulletin also has stories about: alcohol's effect on mood; a new website and campaign from Depression Alliance Scotland; young people as a key focus for suicide prevention; Choose Life's e-news going live; and mental health recovery. To subscribe to the e-bulletin visit <http://www.wellscotland.info/news/subscribe.html>. Please note: if you have previously subscribed to <http://www.wellontheweb.net> you will need to re-subscribe to the new site.

15] Bluebell Day 2006 and awareness of postnatal depression

In order to raise awareness of postnatal depression, 6 Jun has been designated as Bluebell Day. To find out more about the campaign, to get a lapel badge, or to make a donation, visit <http://www.bluebellday.org.uk>.

16] Mother, Father, Brother, Sister, Son, Daughter, Lover, Friend, You: new Depression Alliance Scotland website

To mark National Depression Week (17-23 April), Depression Alliance Scotland launched a new website <http://www.dascot.org>. The site provides a range of information to raise awareness about depression and provide help for individuals, families, friends and people working with depression. It also contains up to date information about the work of Depression Alliance Scotland and links to related organisations in Scotland, the rest of the UK and worldwide.

17] Choose Life e-newsletter

The Choose Life programme, established to support the national strategy to prevent suicide in Scotland, have published the second issue of their e-Newsletter. This contains details of Choose Life events and updates on key local and national developments. Topics covered include: the launch of a new texting service by the Samaritans; the launch of a Young Person's card in West Dunbartonshire; a factsheet on Suicide from See Me; a paper in the BMJ about suicide and self harm rates among Goths and other youth sub cultures; conferences; and a ChildLine Suicide Information Sheet. If you would like to subscribe to future editions please visit <http://www.chooselife.net/web/site/Newsletter/Subscription.asp>. For further details on any of this month's items contact info@chooselife.net.

18] More music from the Butterfly Collection

Further tracks have been added to those available to download at <http://www.thebutterflycollection.org.uk>. Proceeds from the site support the mental health, anti stigma, information and support development work of www.littlewing.org.uk.

19] Resources for Positive Psychology at the Centre for Confidence and Well-being website

The Centre for Confidence and Well-being have added a new section to their website called Resources for Positive Psychology. This contains much information about positive psychology, happiness, optimism and motivation, including overview essays, summaries of research, links, reading lists and clips of audio lectures. See <http://www.centreforconfidence.co.uk/pp> for more details.

20] Back issues available at iMHIP website

As always, previous editions of the Improving Mental Health Information Programme newsletter are available at our web site (see <http://www.isdscotland.org/imhipnews>). The website (<http://www.isdscotland.org/imhip>) also includes details of all our projects and relevant policy links.

21] Spread the word

If you know anyone else who might be interested to receive this e-mailed newsletter once a

month encourage them to sign-up by e-mailing karen.brown@isd.csa.scot.nhs.uk [<mailto:karen.brown@isd.csa.scot.nhs.uk>](mailto:karen.brown@isd.csa.scot.nhs.uk). Why not forward them this e-mail to let them know this newsletter exists? We are particularly keen to improve our profile with service users and informal carers, and with GPs and practice team members (among others).

22] What do YOU think? Had enough?

If at any time you wish to be removed from this distribution list, wish further information on any of our activities or have comments, however critical, about anything we say or do please get in touch. We will only improve mental health information if we work together and keep talking!

best wishes,

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